

NSF SAFETY DEPARTMENT

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SAFETY & HEALTH NEWSLETTER



PPE : Your Friend the Hard Hat

The hard hat, as it is commonly called, is the status symbol of a safe worker and of an employer who believes in accident prevention. Head protection is essential, particularly on construction projects, not only to protect the wearer against the hazard of falling material but also to guard against accidental bumping, which occurs frequently when working in close quarters.



National injury statistics show that the number of head injuries per year averages in the hundreds of thousands. That's a sad fact-and it's even sadder to realize that many of these injuries could have been prevented by the use of head protection.

There are two basic types of hard hats commonly used in industry today. One has a full brim that extends completely around the hat, giving the wearer maximum protection. The second is shaped like a cap and is normally used by workers who are assigned to a job in cramped quarters. It's important to determine which type is most suitable to the particular work being performed. OSHA regulations call for using only hard hats that have been manufactured according to specified standards.

Approved hard hats protect the wearer by distributing the impact of a blow over a large area, the hat suspension acting as a shock absorber. A hard hat's effectiveness depends on the shock-absorbing space that exists between the shell and the wearer's head. Suspension straps maintain this space. Therefore, it is important that seat bands and suspension straps be properly adjusted to obtain the maximum protection.

The materials commonly used in making the shells of hard hats are thermoplastic, glass fiber and resin, and special aluminum alloys. Today, the molded plastic hard hat can be obtained in a variety of colors, including some containing phosphorescent pigments that are especially adapted for night work and street work in which traffic hazards are present. Colors can be used to identify different crafts and supervisory personnel and should be encouraged and given consideration when the hats are being purchased.

The majority of construction projects of any size are posted as "Hard Hat Areas," and everyone should cooperate in observing this essential safety requirement. Your use of hard hats at work is encouraged at all times, not just when absolutely required. And all levels of supervision know that they should set the example by wearing them.



Remember, your hard hat is a status symbol. It identifies a safe worker—a worker who believes in safety and practices this belief.

On Your Own Time

Safety is important not just to you and your family but to your employer as well. It's part of our job to help you to develop a safe attitude, so that safety will become ingrained part of your job, day in and day out.

But off-the-job safety is important, too. What you do on your own time is your own business, but since we're all part of a team, it's only natural that we're concerned about each other's welfare both on and off the job.

At work, you're part of a safety network that extends into many areas. There are rules and regulations to follow and supervisors who work at keeping the safety program going.



Off the job, though, you're on your own. You can leave safety glasses off when you're remodeling the kitchen, and you can balance a ladder on a box when you're painting the peaks on your house. You probably wouldn't hear a word out of anyone, but it would take a pretty immature person to deliberately leave safety at work. Still, there are times when we all get a little careless.



The highways are prime areas of concern for safety away from work; since vehicle-related accidents are the prime cause of fatalities both on the job and off in the home or public place. Certainly we have to take caution to cool it on the road. Be patient getting out of the parking lot, and always watch the other driver.

To some degree, most of us are do-it-yourself around the home, and this is where a lot of people are injured. At home or at work be careful when using a ladder, be sure it's in good condition and you climb safely.



Take safety home with you!!

June is the National Safety Month:

No Safety Know Pain, Know Safety No Pain



Industrial Housekeeping

Of all the factors contributing to job safety and health, good housekeeping often appears to be the least interesting and challenging. Yet good housekeeping—some call it "plant keeping"—can be of vital importance.



Think about what could happen if an accumulation of oily rags tossed in a dark corner ignited one night—the next morning, no job. Or if an outbreak of a serious disease interrupted jobs for weeks because eating areas were dirty. Yes, good housekeeping is very important.



A positive attitude toward the importance of attitude is a good place to start. People who like and want to work in an orderly surrounding have that positive attitude. And when that attitude is translated into behavior, they feel better, think better, do better work, and are safer—and so is their co-workers.

How can that be? Because clean work areas and aisles help eliminate tripping hazards. Immediate cleanup of spills prevents slipping injuries. And keeping out-of-the-way places and storage areas uncluttered reduces the chances of disease and fire, as well as slips, trips, and falls.

Good housekeeping also goes hand in hand with good public relations. Both the exterior and interior of a plant/department should be attractive, projecting order, care, and pride. The condition of the building makes a marked impression on all who enter the plant—employees and visitors alike. A visitor's first impression of a company is important, and the company image affects the amount of business it does.

Who, Me? Yes, You! Whose responsibility is this housekeeping? It's everyone's. Whatever an employee's position or title in a company, cleanup tasks should not be shrugged off. The employee who sees a co-worker or supervisor pick up a piece of paper from the floor and put it in the trash is influenced by this action far more than any kind of sign or verbal instruction.



Since housekeeping is everyone's responsibility, it's yours. So get in the habit of putting tools away in their proper place, cleaning up spills immediately, stacking cartons or parts neatly and safely, and picking up refuse and putting it in the proper waste containers. Do not allow trashcans to overflow. Remember, putting things in their proper place doesn't waste time—it saves time!

Lunchrooms and eating areas must be clean and sanitary. Food must never be eaten or stored where toxic materials are present. Hands must be washed thoroughly before eating, to remove any hazardous or toxic substances.

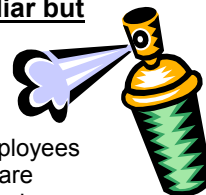
Desirable Outcomes

The first and foremost results stemming from good housekeeping are safety and health, for you and your co-workers. Second, when good housekeeping becomes an ingrained habit and begins to happen naturally, the time and effort necessary to keep the workplace clean and safe is reduced. Third, production quantity and quality are increased, which in turn contributes to improved job security.



Good housekeeping is thus an essential factor in a good safety program, promoting safety, health, production, and morale.

Detergents and Cleaning Agents- Familiar but Dangerous



People often overlook the hazards of cleaning agents, detergents, and bleaches because these products are used so often at home. Employees may not realize that industrial cleaning agents are more powerful than the grocery-store brands and pose a danger to health.

Cleaning products may contain possibly hazardous acids or bases. Acids usually have the word "acid" in their names. Bases, also called alkaline, have the words "caustic," "oxide," or "amine" in their names. Improper handling can cause other problems, such as release of hazardous gases.

Types of Hazards

Many industrial cleaning agents, detergents, and bleaches contain hazardous ingredients that can be inhaled, swallowed, or irritate the eyes or skin during common cleaning procedures. Therefore, you must check the labels on the containers and material safety data sheets (MSDSs) to find out what equipment and procedures you need to follow to prevent exposure or dangerous reactions.

Types of hazards to look for include:

Corrosives. Any contact with corrosives can be extremely dangerous. They can burn the skin or eyes, sometimes destroying the tissue and even causing blindness. If you inhale or swallow a corrosive, it may damage your internal organs and possibly kill you.

Toxics. Overexposure to toxics is, in the worst case, deadly. Even toxics that aren't fatal can make you sick or permanently damage your liver or kidneys.

Irritants. Irritations can range from rashes to itchy eyes to sore throats. Even some otherwise non-hazardous soap can cause skin problems or allergic reactions.

Reactive. Some ingredients in cleaning products can, if combined with other substances, burn, explode, or release dangerous vapors. Some chemicals, including acids, can burn or explode if exposed to water, so *never mix an acid or any chemical with anything without special instructions to do so!*

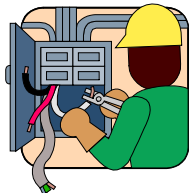
Precautions

- Don't use a product that does not have a clear, readable label.
- Use only the concentration called for on the label instructions.
- Use only in well-ventilated areas. Stay far enough back from any cleaning product to avoid inhaling it.
- Always wear gloves when using cleaning products.
- Wear safety goggles and a face shield if there is a chance that the product could splash in your eyes; for example, when you are cleaning something above your head. If you do get some in your eyes, flush them with water for at least 15 minutes.
- If necessary, wear protective clothing. Be sure to remove this clothing carefully and don't touch it or your protective gloves with your bare hands.
- Only take out the amount you need from the container and keep the container closed when not in use. Avoid touching the product itself.
- Properly dispose of any portable containers, such as buckets, or clean them carefully.
- Wash up thoroughly with soap after using any cleaning agent and before you eat, drink, smoke, put on makeup, touch contact lenses, or use the lavatory, even if you will be using the product again.
- If you should swallow some of the product, seek medical assistance.

Remember, "An ounce of prevention is worth a pound of cure."

Fuse Boxes

The fuse is considered one of the most important safety devices in every electrical circuit. It protects workers against shock, electrical equipment against dangerous overloads, and the building against fire.



The reason that it can do this is that it is deliberately designed as a weak spot in an electrical circuit that will give way and break the flow of current if the circuit is overloaded. The fuse is also used to cut the electrical circuit out of a line when work must be done on it.

There are several different kinds of fuses, and each kind is made in a wide range of capacities. A fuse that is right for one circuit may be entirely wrong for another. When a fuse fails (in other words, does its task), it must be replaced by the same kind of fuse-meaning the same general type and the same amperage. That's because replacing it with any other kind of fuse may leave the circuit unprotected, with very serious results. If you don't know the proper type, ask a supervisor for assistance before you replace the fuse.

Serious trouble will most certainly result if you attempt to keep a circuit operating by installing a fuse of heavier amperage or by inserting a metal connector between the two contacts of the fuse. Remember: the fact that a fuse of the proper amperage fails is a sign that something is wrong with the circuit, and anything that keeps it operating will produce a significant and dangerous overload. What you need to do is look for the short circuit that caused the fuse to fail. Make sure the floor is dry when working at a fuse box. If there is any dampness, don't work at the box until you secure a dry wood platform to stand on or a pair of rubber boots to insulate your feet. When you are pulling a fuse, turn your head away to avoid possible injury from any flash that might occur.

If you pull a fuse to work on a line, *tag the box* to warn any other employee not to replace the fuse while you are working. *On lines carrying 440 volts or more, cut off the power* by withdrawing circuit breakers or disconnects.

If you follow the steps outlined here-and get help or advice when you aren't sure of the proper procedure-you won't have any trouble doing your job of restoring service properly when the fuse does its protective circuit-breaking job-either at work or in your home.

You should always throw the operating switch to the off position before you remove a fuse to allow you to work on a line or to replace a burnt-out fuse. Then remove the fuse with a regular insulated fuse puller. If there is no switch that protects the fuse, always pull the supply end of the fuse first.



Physical Fitness



Jogging can be healthy if you are careful. A proper warm-up is a great start. Ensure you complete your jog without incident. Wear light colored clothing to be seen on the road way during reduce visibility condition, reflective clothing will be worn.

Safety and Scaffolds

It is safe to assume that just about everybody has heard of a scaffolding accident or two. In many of those cases, faulty design and inadequate construction of the scaffolding was involved but, *in most case*, scaffold accidents are caused by poor maintenance and improper use. To help keep your scaffolds safe, follow these simple procedures:

Inspect the scaffolds daily before using them; check the guardrails, connectors, fastening, footing, tie-ins and bracing.

Keep platforms closely boarded, fenced and securely fastened.

Don't stockpile materials on the scaffolds; remove all materials and tools at the end of the day.

Never overload scaffolds. Place the materials being used over ledger and bearer points to minimize platform loading.

Don't work on scaffolds during storms or high winds.

Protect the scaffolds: don't bump or strike against the scaffolds with vehicles or materials and control-hoisted material from the ground with taglines.

Keep the platforms and area around the scaffold cleared of debris and unneeded equipment, material and other hazards that will cause a worker to trip or fall.



Be a leader follow safe procedures!

THE FOLLOWING IS THE SAFETY DEPARTMENT'S ACTIVITIES FOR JUNE 2003



Enlisted Safety Committee Meeting - 5 June 03, 1500H @ NSF Conference Room.

Target audience: All Safety Representatives.

- Safety Representatives Briefing -18 June 03, 1330H @ B-331 NSF Safety Training Room

Target Audience: All newly designated Safety Representatives.

- Hazardous Materials Coordinator's Briefing - 19 June 03, 1330H @ B-331, NSF Safety Training Room.

Target Audience: All newly designated HazMat Coordinators.

- June 03 Occupational Safety & Health (OSH) Inspection: Supply/Billeting: (BEQ's 1,2,3,4,5, 6,7,11,12,13,14,15,16,17 &18.

- Island Indoctrination Class (Safety) - Bi-weekly, 1300H@ Acey Duecey Room, Turner Club Complex.

Target Audience: All new personnel (mandatory for Officers, enlisted and civilian personnel)

Know Your Safety Staff:

Ronald W. Thornhill – Safety Officer

Dave D. Cruz – Safety Specialist

Marilyn S. Satsatin – Safety Technician

There's always room for improvement.

Visit us at <http://ice.disa.mil> and tell us how we can improve the island's safety program.

Need to report a Safety Hazard?

Call the NSF Safety Office at [extension 370-4123](tel:370-4123) or send an email to the Safety Officer at thornhillr@dg.navy.mil

Sources: Safety Talks Vol. I
Safety Slogans, Naval Safety Center
Tail Gate Safety Topics